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ABSTRACT

Intended for parents of children with disabilities, the booklet lists types and addresses of resources available in Alaska. Resources are organized according to the following types of services: support services, medical and health services, education, respite care, day care, homemaker and home health aides, residential services, vocational services, transportation, recreation, legal and protective services, guardianship, and financial assistance. Listings include name, address, and phone numbers. Additional sections present information on related reading, newsletters, national associations, Division of Family and Youth Services, and the Division of Public Assistance. (CL)

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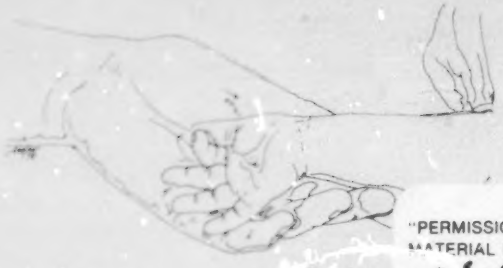

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Where to Turn

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INTRODUCTION: ALASKA RESOURCES FOR CHILDREN AND ADULTS WITH DISABILITIES

This book has been prepared to help you find the resources that may be needed for a child or adult who has a physical, mental or emotional disability. The listings in this book include a variety of agencies and organizations throughout the state - as well as selected national groups - that offer direct services, information and referrals.

If you have a child who is disabled, it is important to get assistance as early as you can. The development of skills in infants and children with substantial disabilities may be slower than normal. The right kinds of early help can go a long way toward ensuring progress in the child's development. It is important for you to remember that there is every reason to expect progress in children who are disabled, even those with severe problems. For that reason, it is especially important to get help for your child as soon as his or her disability is diagnosed.

As a parent, you may have many questions. For example:

- Exactly what is my child's condition?
- What do certain terms and labels mean?
- What kinds of help does my child need?
- What agencies and organizations can assist us?
- What effect will my child's disability have on our family?
- What kind of future can I expect for my child?
- What secondary disabilities could develop from the first, so we can guard against them?

The National Easter Seal Society has pointed out, for example, that children with cleft palates are prone to infections of the eustachian tube when they have a cold. That infection can lead to a hearing loss which, in turn, can result in poor language development and poor speech. Children with spina bifida may not be able to sense a full bladder; consequently, they may fail to urinate and the back up of fluid can cause kidney damage. Certain medications can cause dental problems, so some parents may need to schedule

frequent dental appointments.

There are services throughout Alaska which can help answer your questions and provide needed direction. As your child grows, you will want to be aware of the services and programs that can meet his or her changing needs, as well as the needs of your whole family. When you visit agencies, don't hesitate to ask questions about your child's condition, available resources and how you can help at home. Keep in mind that we do not know the limits of any person's potential. Therefore, the more help and special care you give your child, the better the chances for continuing growth and development.

Adults who are disabled may need information about such things as vocational training, independent living alternatives, housing, transportation, and legal and financial assistance. Increasingly, people with disabilities are making their lives as much a part of the mainstream of society as possible. In many cases, their efforts, along with increased public awareness, have paid off. But there is still a long way to go in many areas. The information in this booklet is intended to provide resources and assistance for that continued progress.

AN ADDED NOTE FOR PARENTS ABOUT CHILDREN WITH SPECIAL NEEDS

Love, care and acceptance from parents, other family members and friends are every bit as important to your child's development as food, shelter, clothing, exercise and rest. Interacting with adults, exploring the surrounding world, and sharing experiences with others are essential for all children. Likewise, all children need play, and every effort should be made to ensure that your child participates in activities with his or her peers. Those activities can include school, day care and recreation programs - and should include non-disabled as well as disabled peers.

All children need regular medical checkups, even when they are well. The special needs of a child with a disability may require additional assistance from medical professionals. Your child's special needs may also change as he or she develops. By keeping in touch with such people as Infant Learning Program specialists, other educators and health care professionals, you can learn what will be needed to help your child develop as fully as possible.

In general, you, as parents, are the best persons to provide the continuing special care for your child. Books on general child development can be very helpful, since all children develop in similar ways, though at different rates. Frank Caplan's **The First Twelve Months of Life** and Burton White's **The First Three Years of Life** both cover general child development patterns. You might also want

to check for information at the local library on your child's disability.

If your child appears to be slow in developing, or displays characteristics which you don't understand, schedule a special checkup. Your child may require a complete evaluation and may need continuing medical care. You and your child may have to cope with examinations, changing medications, visits to clinics, and the purchase of special equipment and supplies. At times, all of you may feel frustrated and confused. Remember that your friends, other parents, Infant Learning Program specialists, teachers, your doctor, as well as people with other community agencies, can help you through the difficult times. Don't be satisfied or put off by: "Your child will outgrow it" or "Wait and see." If you continue to feel that something is wrong, insist on additional testing and evaluation.

If you have any questions about your child's condition or needs, you should feel free to talk to your Infant Learning Program person, special education teachers, doctor, public health nurse or community health aide. Not all professional people are familiar and/or comfortable with the problems of children with special needs. While some parents have had very negative experiences with professionals, there are many with special skills and a genuine interest in helping. Feel free to change doctors or clinics if you're not satisfied.

Ask questions. It may be helpful to keep a notebook handy in which to write down questions as they arise. This could also serve as a convenient place to record changes in your child's appearance, habits, mannerisms, behavior and medical condition.

If you find that the available doctor, therapist or teacher seems to lack knowledge of a particular handicapping condition, share any information which you may have with them. Form a "learning partner relationship." This would be an ideal time to contact other parents who have children with similar conditions. Often you can benefit from this contact, sharing observations and experiences and learning about services which can help. Some of the services you may need are listed below:

- Parent-to-parent groups such as Pilot Parents
- Evaluation of special problems
- Medical and dental checkups
- Physical therapy
- Speech therapy
- Occupational therapy
- Recreational therapy
- Parent training in specialized activities for your child

- Infant stimulation programs
- Infant and toddler play groups and day care centers
- Counseling and self-help groups
- Legal advice and guardianship information
- Financial advice on tax deductions, insurance and financial aid programs
- Special education programs
- Vocational training programs
- Respite care services
- Residential programs
- Day activity programs
- Recreation programs
- Advocacy services to learn about rights, due process, fair hearings
- Genetic screening and testing
- Genetic counseling
- Transportation services

SUPPORT FOR PEOPLE WHO ARE DISABLED AND THEIR FAMILIES

It's not uncommon for people who are disabled, as well as their families, to experience feelings of frustration, anger, and fear. Fortunately, there are individuals and groups who understand those feelings and can offer important emotional support, as well as valuable information for solving problems. Often you can find those individuals or families through parent associations, agency advisory groups, church groups and volunteer service organizations.

As a person with a disability, you may want help in dealing with your own feelings and in understanding your disability more fully. As a parent or other family member, you may want to improve your relationship with a child or adult who is disabled, and to learn how to provide the best support to that individual. You may need to contact several organizations before you find someone who can provide the kind of service you want. You might contact your community mental health center, community health aide, the Division of Family and Youth Services (see listings at the back of this book), your public health nurse, or service organizations and agencies for assistance.

Local civic groups, service clubs and churches may also be of help to you. In Southeastern Alaska, for example, the Elks Club provides itinerant physical therapy services. Quota Clubs provide

hearing testing and equipment, and Lions Clubs provide vision screening.

The Alaska Federation of Natives and the Regional Health Corporations can provide a variety of social, financial and health services, as well as referrals to other agencies.

Military families can talk with their community service workers to find out about military or civilian programs and agencies to meet their particular needs. Financial and other assistance may be available to military persons and their families through the CHAMPUS Program (Civilian Health and Medical Program for the Uniformed Services). Check with the local military hospital or outpatient clinic to see what specific services they provide and whether CHAMPUS aid is available.

Listed below are a number of organizations and agencies around the state that can offer assistance. In some cases, you may have to check on whether or not there's a local chapter of an organization near you. If none is available, there may be a national organization which can help. (See the listing of selected national organizations at the back of this book.)

When you contact an organization, you may want to ask if they provide any of the following information or services:

- Brochures, pamphlets, newsletters or other informational materials
- Discussion groups for persons who are disabled, parents or other family members
- Parent and professional training courses
- Counseling - individual, parent, family, genetic
- Educational programs, including preschool and infant stimulation
- Rehabilitation services
- Respite care
- Recreational programs
- Legal and financial assistance

Access Alaska
941 E. Dowling Rd., Anchorage, AK 99502; Ph. 563-4060/Zen. 4488
Access Alaska has recently produced a three-volume **Resource Directory** of human service organizations and agencies throughout the state. Contact their office for additional information on the Directory.

ADVANTAGE (Advocates for Individuals with Special Needs)
Box 372, Kodiak, AK 99615; Ph. 486 5594/486-5805

Alaska Center for Independent Living (ACIL)
SR Box 50923, Fairbanks, AK 99701; Ph. 456-2245 or 488-6256

Alaska Crippled Children and Adults
(Easter Seal Society Affiliate)
1020 Barnette St., Fairbanks, AK 99701; Ph. 456-4884 or 456-4003

Alaska Mental Health Association
2611 Fairbanks St., Anchorage, AK 99503; Ph. 276-1705

Alaska Resources for the Moderately/Severely Impaired (ARMSI)
3401 E. 42nd Ave., Anchorage, AK 99504; Ph. 561-1133

Alaska State Program for the Deaf
4420 E. 20th, Anchorage, AK 99504; Ph. 333-5536

American Cancer Society
1343 G St., Anchorage, AK 99501; Ph. 277-8696

Local Chapters:

Fairbanks
4137 Rosebud Le., Fairbanks, AK 99701; Ph. 479-6968

Haines
P.O. Box 97, Haines, AK 99827; Ph. 766-2349

Juneau
9354 Rivercourt Way, Juneau, AK 99801; Ph. 789-0636

Ketchikan
3720 Alaska, Ketchikan, AK 99901; Ph. 225-2921

Kotzebue
P.O. Box 170, Kotzebue, AK 99752; Ph. 442-3313

Petersburg
P.O. Box 328, Petersburg, AK 99833; Ph. 772-4623

Sitka
P.O. Box 933, Sitka, AK 99835; Ph. 747-3419

Anchorage Area Epilepsy Society
P.O. Box 4-2933, Anchorage, AK 99509; Ph. 274-3862

Association of Children with Learning Disabilities:

Anchorage Chapter
144 Crestview, Eagle River, AK 99577; Ph. 694-2079

Fairbanks Chapter
P.O. Box 60732, Fairbanks, AK 99706; Ph. 479-4790

Association for Retarded Citizens of Alaska (ARCA)
2211 Arca Dr., P.O. Box 4-BBB, Anchorage, AK 99509;
Ph. 277-6677

Local Chapters:

Association for Retarded Citizens of Anchorage
2211 Arca Dr., P.O. Box 4-BBB, Anchorage, AK 99509;
Ph. 277-6677

Arctic Association for Retarded Citizens
SR Box 80166, Fairbanks, AK 99701; Ph. 488-2984 or
479-4098

Association for Retarded Citizens of Kodiak
Box 2012, Kodiak, AK 99615; Ph. 486-5916

Bethel Association for Retarded Citizens
c/o Tamara Smid, General Delivery, Bethel, AK 99559

Juneau Association for Retarded Citizens
P.O. Box 3161, Juneau, AK 99803; Ph. 586-6363

Bering Straits Human Services Council
P.O. Box 6, Nome AK 99762; Ph. 443-2124

Central Peninsula Community Mental Health Center
P.O. Box 4683, Kenai, AK 99611; Ph. 283-7501

CHILD, Inc.
8108 Smipe Ct., Juneau, AK 99801, Ph. 789-7479 or 586-3206

Easter Seal Society of Alaska
P.O. Box 102432, Anchorage, AK 99510; Ph. 277-2451

Local Chapters:

Anchorage
1345 W. 9th Ave., Anchorage, AK 99501; Ph. 274-1665

Fairbanks
1020 Barnette St., Fairbanks, AK 99701; Ph. 456-4884

Juneau-Douglas
P.O. Box 971, Juneau, AK 99802; Ph. 586-4756

Mat-Su
P.O. Box 870-276, Wasilla, AK 99687; Ph. 376-5708

Ketchikan
P.O. Box 7971, Ketchikan, AK 99901

Sitka
P.O. Box 1886, Sitka, AK 99835; Ph. 747-3430

Wrangell
P.O. Box 494, Wrangell, AK 99292

Epilepsy Association of Southeastern Alaska
8760 #9 Trinity, Juneau, AK 99801; Ph. 789-3236

Fairbanks Rehabilitation Association (FRA)
805 Airport Rd., Fairbanks, AK 99701; Ph. 456-8901

Families of Chronically Mentally Ill Victims
SR Box 30754, Fairbanks, AK 99701; Ph. 452-3733

Gateway Opportunity Center
3½ Tongass, P.O. Box 7262, Ketchikan, AK 99901; Ph. 225-9641

Governor's Committee for Employment of the Handicapped
3301 Eagle St., Suite 306, Anchorage, AK 99501; Ph. 279-0438

Governor's Council for the Handicapped and Gifted
600 University Ave., Suite C, Fairbanks, AK 99701;
Ph. 479-6507 (TTY)/479-6940 (TTY)

Hope Cottages, Inc.
2805 Bering St., Anchorage, AK 99503; Ph. 274-1581

KAPPS (Ketchikan Association of Parents for People with Special Needs)
P.O. Box 6280, Ketchikan, AK 99901; Ph. 225-2914

Kodiak Aleutian Mental Health Center
P.O. Box 712, Kodiak, AK 99615; Ph. 486-5742

March of Dimes

Local Chapters:

Northern Alaska Chapter
2740 Kuskokwim, Box 1402, Fairbanks, AK 99701;
Ph. 452-2461

Southcentral Chapter
519 W. 8th, Room 210, Box 164, Anchorage, AK 99510;
Ph. 279-2622

Southeast Chapter
Box 184, Douglas, AK 99824; Ph. 364-3222

Multiple Sclerosis Society
1413 G St., P.O. Box 100262, Anchorage, AK 99501;
Ph. 279-3752

Local Chapters:

Fairbanks
1020 Barnette St., Fairbanks, AK 99701; Ph. 452-5404

Juneau
9001 Long Run Dr., Juneau, AK 99801; Ph. 789-0989

Muscular Dystrophy Association
3776 Arctic Blvd., Anchorage, AK 99503; Ph. 563-3401

National Federation of the Blind
120 E. 3rd Ave., Anchorage, AK 99501; Ph. 272-0000

Parents of Autistic Children
2124 Esquire Dr., Anchorage, AK 99503; Ph. 277-0843

PATCH/Bethel Social Services, Inc.
P.O. Box 271, Bethel, AK 99559; Ph. 543-3690

Pilot Parents
118 Katherine, Fairbanks, AK 99701; Ph. 452-7439

REACH, Inc.
P.O. Box 1266, Juneau, AK 99802; Ph. 586-2360

Sensory Impairment Center
3710 E. 20th, Anchorage, AK 99504;
Ph. 272-7112 (TTY)/272-7223

Sitka-PACS (Parents Association for Children with Special Needs)
P.O. Box 4512, Mt. Edgecumbe, AK 99835; Ph.747-8733

South East Regional Resource Center/SEPTER (Special Education Parent Team For Equal Rights)
538 Willoughby Ave., Juneau, AK 99801; Ph. 586-6806

Spinal Cord Society
1411 K St., Anchorage, AK 99501; Ph. 277-3943

St. Jude Center
3272 Hospital Dr., Route 3, Box 3050, Juneau, AK 99801;
Ph. 586-2624 or 586-2627

A final note: If you don't find the right kind of support group in your community, you might consider starting one yourself. Contacting a few other people who might be interested could be the first step in developing an invaluable resource.

MEDICAL AND HEALTH SERVICES

There are a variety of medical and health care resources available for children and adults who have special needs. Check with your doctor, local public health center or clinic, your community health aide, or with programs for disabled persons which may exist in your area.

The following centers and agencies may be of help in diagnosing disabilities and providing direction for treatment:

Alaska Division of Public Health:

Handicapped Children's Program:

Anchorage
Frontier Bldg., 3601 C St., Pouch 6333, Anchorage, AK 99502; Ph. 561-4351

Fairbanks
1919 Lathrop, Drawer 34, Fairbanks, AK 99701; Ph. 452-1591

Juneau
Section of Family Health, Pouch H-06B, Juneau, AK 99811;
Ph. 465-3101

Child Development Services
3401 E. 42nd Ave., Anchorage, AK 99504; Ph. 561-1835

Communicative Disorders Program:

Anchorage
3401 E. 42nd Ave., Anchorage, AK 99504; Ph. 563-3124

Bethel
Box 1048, Bethel, AK 99559; Ph. 543-2251, ext. 268

Fairbanks
1020 Barnette St., Fairbanks, AK 99701; Ph. 452-6291

Mt. Edgecumbe
Box 4-577, Mt. Edgecumbe, AK 99835; Ph. 966-8320

Nome
Norton Sound Hospital, P.O. Box 966, Nome, AK 99762;
Ph. 443-5411

Alaska Area Native Health Service
P.O. Box 7-741, Anchorage, AK 99510; Ph. 279-6661
(With Public Health Service hospitals and clinics in Anchorage, Barrow, Bethel, Dillingham, Fairbanks, Ketchikan, Kotzebue, Juneau, Sitka and Tanana)

Alaska Native Health Board
1689 C St., Suite 230, Anchorage, AK 99501; Ph. 276-8989

Regional Health Corporations:

Aleutian-Pribilof Islands Association, Inc.
1689 C St., Second Floor, Anchorage, AK 99501; Ph. 276-2700

Bristol Bay Area Health Corporation
P.O. Box 10235, Dillingham, AK 99576; Ph. 842-5291

Cook Inlet Native Association
670 W. Fireweed Le., Anchorage, AK 99503; Ph. 265-1298

Copper River Health Department
Drawer H, Copper Center, AK 99573; Ph. 822-5241

Kodiak Area Native Association
P.O. Box 1277, Kodiak, AK 99615; Ph. 486-5726

Maniilaq Association
P.O. Box 256, Kotzebue, AK 99752; Ph. 442-3313

North Slope Borough Health and Social Services Agency
P.O. Box 69, Barrow, AK 99723; Ph. 852-3999

Norton Sound Health Corporation
P.O. Box 966, Nome, AK 99762; Ph. 443-5411

Southeast Alaska Regional Health Corporation
P.O. Box 2800, Juneau, AK 99803; Ph. 789-2131

Tanana Chiefs Conference
1321 21st Ave., Fairbanks, AK 99701; Ph. 452-2446

The North Pacific Rim
903 W. Northern Lights Blvd., Suite 203, Anchorage, AK 99503; Ph. 276-2121

Yukon-Kuskokwim Health Corporation
P.O. Box 528, Bethel, AK 99559; Ph. 543-3321

Alaska Resources for the Moderately/Severely Impaired (ARMSI)
3401 E. 42nd Ave., Anchorage, AK 99504; Ph. 561-1133
Includes resources for the learning impaired, blind/visually impaired, severely emotionally disturbed, orthopedically disabled and otherwise health impaired, and multiply disabled.

Alaska Treatment Center
3710 E. 20th Ave., Anchorage, AK 99504; Ph. 272-0586

Easter Seal Society of Alaska, Inc.
1345 W. 9th Ave., P.O. Box 102432, Anchorage, AK 99510; Ph. 277-2451

March of Dimes Birth Defects Clinics:

WAMI - Medical Education Program
103 Arctic Health Research Bldg.
University of Alaska, Fairbanks, AK 99701; Ph. 474-7731

Providence Hospital
3200 Providence Dr., Anchorage, AK 99504; Ph. 562-2211

In Juneau, call the clinic coordinator, Ph. 586-1137

EDUCATION SERVICES

Your child, regardless of his or her disability, has the right to a free public education. Under current laws in Alaska, those educational services can begin at birth and continue to age 19. For more detailed information on what your rights are under state and federal law, contact your local school district, or write:

Office for Exceptional Children
Alaska Department of Education
Pouch F, Juneau, Ak 99811; Ph. 465-2970

The Office for Exceptional Children also has copies of the pamphlets, **Parents' Guide to Special Education in Alaska** and **Parents' Rights and the Exceptional Child.**

Another resource is SEPTER (Special Education Parent Team for Equal Rights), sponsored by the South East Regional Resource Center. SEPTER provides parent advocacy and parent training as well as expertise on special education programs and other resources. For more information contact:

SEPTER (Special Education Parent Team for Equal Rights)
South East Regional Resource Center
538 Willoughby Ave.,Juneau, AK 99801; Ph. 586-6806

As a parent, you provide important education at home, including teaching self-help and social skills, moral and social values. Meet with your child's teachers to make sure that what they are working on in school complements what you are doing at home. You should feel comfortable with your child's school program. Ask questions and don't hesitate to make suggestions and requests to teachers and other staff.

Alaska law specifically provides for Infant Learning and Early Childhood Education programs for children with special mental and/or physical needs from birth to age three. Infant Learning Programs provide a teacher who comes into your home to work with you and your child. Infant Learning Programs are available in a number of communities throughout the state. Contact the program nearest you for information or contact:

Alaska Division of Public Health
Section of Family Health
Pouch H-06B, Juneau, AK 99811; Ph. 465-3107

Infant Learning Programs:

Alaska Resources for the Moderately/Severely Impaired (ARMSI), 3401 E. 42nd Ave., Anchorage, AK 99504; Ph. 561-1133

Alaska State Program for the Deaf
Russian Jack Elementary School
4420 E. 20th Ave., Anchorage, AK 99508; Ph. 333-5536

Alaska Treatment Center
3710 E. 20th Ave., Anchorage, AK 99504; Ph. 272-0586

North Slope Borough Health and Social Services Agency, Infant Learning Program
P.O. Box 69, Barrow, AK 99723; Ph. 852-5600

PATCH Infant Learning Program
P.O. Box 271, Bethel, AK 99559; Ph. 543-3690

Chugiak Children's Services, Infant Learning Program
Box 233, Chugiak, AK 99567; Ph. 688-2660

Bristol Bay Native Association, Infant Learning Program
P.O. Box 189, Dillingham, AK 99576;; Ph. 842-5257

Project TEACH, Infant Learning Program
1020 Barnette St., Fairbanks, AK 99701; Ph. 456-2640

Homer Community Mental Health Center,
Infant Learning Program
P.O. Box 2247, Homer, AK 99603; Ph. 235-7701

St. Jude Center, Infant Learning Program
3272 Hospital Dr., Rte. 3, Box 3050, Juneau, AK 99801;
Ph. 586-2624

Central Peninsula Mental Health Center,
Infant Learning Program
P.O. Box 247, Kenai, AK 99611; Ph. 283-7501

Southeast Island School District, Infant Learning Program
Box 8340, Ketchikan, AK 99901; Ph. 225-9658/225-3854

ARC of Kodiak, Infant Learning Program
P.O. Box 3867, Kodiak, AK 99615; Ph. 486-5295

Northwest Arctic School District,
Kotzebue Infant Learning Program
P.O. Box 51, Kotzebue, AK 99752; Ph. 442-3175

McGrath-Anvik Educational and Mental Health Association,
Infant Learning Program
P.O. Box 167, McGrath, AK 99627; Ph. 524-3855

Sitka-PACS, Inc., Infant Learning Program
P.O. Box 4512, Mt. Edgecumbe, AK 99835; Ph. 747-8733

Bering Straits Human Services Council,
Infant Learning Program
P.O. Box 6, Nome, AK 99762; Ph. 443-2124

Valley ARC, Infant Learning Program
P.O. Box 2346, Palmer, AK 99645; Ph. 376-2035

Petersburg Infant Learning Program
P.O. Box 377, Petersburg, AK 99883; Ph. 772-4470

For children, birth to three, who have vision impairments, specialized Infant Learning Program services are provided through the Alaska Resources for the Moderately/Severely Impaired (ARMSI). The ARMSI Infant Learning Program for Blind/Visually Impaired provides specialized teachers who travel throughout the state to work with children, their parents and teachers. For more information contact:

Infant Learning Program for Blind/Visually Impaired
Alaska Resources for the Moderately/Severely Impaired (ARMSI)
3401 E. 42nd Ave., Anchorage, AK 99504; Ph. 277-5633

An Infant Learning Program for the hearing impaired is available through the State Program for the Deaf. For information contact:

Alaska Hearing Impaired Infant Learning Program
Alaska State Program for the Deaf
Russian Jack Elementary School
4420 E. 20th Ave., Anchorage, AK 99508; Ph. 333-5536

Head Start programs provide preschool education for children ages three to five whose families have low incomes. At least 10% of the children served in Head Start are disabled. Approximately 30 communities in the state provide Head Start programs.

For information on Head Start, contact your school district, health aide, public health nurse, or one of the listings below:

Alaska Division of Community Development
Child Care Programs
949 E. 36th Ave., 4th Floor, Anchorage, AK 99504; Ph. 563-1973

Alaska Federation of Natives, Inc.
411 W. 4th Ave., Suite 1A, Anchorage, AK 99501; Ph. 274-3611

Association of Village Council Presidents
P.O. Box 219, Bethel, AK 99559; Ph. 543-3521

Central Council of Tlingit & Haida Indian Tribes of Alaska
One Sealaska Plaza, Suite 200, Juneau, AK 99801; Ph. 586-1432

Chugiak Children's Services, Inc.
P.O. Box 233, Chugiak, AK 99567; Ph. 688-2660

Cook Inlet Native Association
670 W. Fireweed Le., Anchorage, AK 99503; Ph. 278-4641

Fairbanks Head Start Association
P.O. Box 724, Fairbanks, AK 99701; Ph. 356-12[illegible] or 356-1213

Kawerak, Inc.
P.O. Box 948, Nome, AK 99762; Ph. 4[illegible]3-5569 or 443-2503

Metlakatla Indian Community
P.O. Box 8, Metlakatla, AK 99926; Ph. 886-5151

RURALCAP, Inc.
P.O. Box 3-3908 ECB, Anchorage, AK 99501; Ph. 279-2511

Tanana Chiefs Conference, Inc.
201 1st Ave., Fairbanks, AK 99701; Ph. 456-3120

Upper Tanana Development Center, Parent Child Program
P.O. Box 415, Tok, AK 99780; Ph. 883-4691

Yukon/Kuskokwim Parent Child Program
P.O. Box 925, Bethel, AK 99559; Ph. 543-3401

The Resource Access Project (RAP), sponsored by the Easter Seal Society of Alaska, provides training workshops for Head Start staffs. Information on special education needs and methods which parents also can use is available from that office. The Resource Access Project also has available the **Alaska Directory of Services for Preschool Handicapped Children**. Contact:

Resource Access Project (RAP)
Alaska Special Services
Easter Seal Society of Alaska
1345 W. 9th Ave., Anchorage, AK 99501; Ph. 274-1665

To help parents coordinate services for their children under six who have special educational needs, information and help also are available from:

Early Childhood Coordination Project
Easter Seal Society of Alaska
1345 W. 9th Ave., Anchorage, AK 99501; Ph. 274-1665

Special consultant services are available for the families and teachers of children, ages three to 19, who are vision and/or hearing impaired, severely emotionally disturbed, orthopedically handicapped or otherwise health impaired, or multiply handicapped. Trained personnel can travel anywhere in Alaska to provide assistance in the development of individual educational programs and/or family services. For information contact:

Low Incidence Handicapped Outreach Project
Alaska Resources for the Moderately/Severely Impaired (ARMSI)
3401 E. 42nd Ave., Anchorage, AK 99504; Ph. 561-1133

Educational services also are available for adults who have disabilities. Adult basic education, GED (General Education Degree) classes, career planning services and continuing education programs may be available through adult learning centers, community colleges and career centers.

For example, the Adult Learning Center in Fairbanks has started a "Learning for Independence" project which serves individuals age 16 and older who have mental, emotional or physical disabilities. Emphasis is placed on the provision of academic, pre-vocational, social and daily living skills training. For more information on the services or how this program was started and funded, contact:

"Learning for Independence"
Adult Learning Center
P.O. Box 81510, Hutchison Career Center, Fairbanks, AK 99708;
Ph. 479-4274

RESPITE CARE SERVICES

Respite care is a family support service that gives parents or other family members a temporary break from the responsibilities of caring for a disabled child or adult.

Taking care of a disabled family member can require a tremendous amount of time and energy. When parents or other responsible persons in the family need time away to take care of other business, a family or medical crisis, for leisure time activities, or simply as a break, respite care services can be a big help. Respite care can, in fact, be a decisive factor in keeping families together, with the disabled family member living at home rather than in an institution.

Through respite programs, trained care providers can fill in for a few hours or for as long as three to four consecutive weeks. Respite care can usually be provided in the family's own home or in the care provider's home, or, in some instances, in a special respite facility. Care often can be arranged for children or adults.

Respite care is now available in Anchorage, Fairbanks, Juneau,

Sitka, Ketchikan, Kenai, and Kodiak. If you live in one of these communities, or if you will be travelling to one of these communities and will need respite care during your visit, contact the local program at the address below or contact the Alaska Division of Mental Health and Developmental Disabilities.

Alaska Division of Mental Health and Developmental Disabilities
Pouch H-04, Juneau, AK 99811; Ph. 465-3370

Catholic Social Services
[illegible] Fairbanks St., Anchorage, AK 99503; Ph. 274-1546

Central Peninsula Mental Health Center
P.O. Box 4683, Kenai, AK 99611; Ph. 283-7501

Fairbanks Rehabilitation Association (FRA)
805 Airport Rd., Fairbanks, AK 99701; Ph. 456-8901

Gateway Opportunity Center
3½ N. Tongass, P.O. Box 7262, Ketchikan, AK 99901;
Ph. 225-9641

KAPPS (Ketchikan Association of Parents for People with Special Needs)
P.O. Box 6280, Ketchikan, AK 99901; Ph. 225-2914

Kodiak Aleutian Mental Health Center
P.O. Box 712, Kodiak, AK 99615; Ph. 486-5742

Sitka-PACS (Sitka Parents Association for Children with Special Needs)
P.O. Box 4512, Mt. Edgecumbe, AK 99835; Ph. 747-8733

St. Jude Center
3272 Hospital Dr., Rte. 3, Box 3050, Juneau, AK 99801;
Ph. 586-2624

If respite care services are not available in your community, you may want to talk with people at the Division of Family and Youth Services (addresses and phone numbers at the back of this book) to see what local alternatives may be available. Specialized day care services or temporary foster care may be possibilities in your community (see the sections on residential services and on day care).

DAY CARE SERVICES

Your preschool child may need day care services all or part of the day if you are employed or otherwise engaged in activities out of the home. If your child is in school and you work, you may need after school day care for your child.

Day care or child care centers may be located by looking in your phone book under "Day Nurseries and Child Care" or "Babysitters." Contact one of the listings below or the Division of Family and Youth Services (addresses and phone numbers at the back of this booklet) to find out if any of the care providers in your area specialize in caring for children with disabilities. Before making arrangements for day care, visit the day care center or babysitter's home and find out about the program firsthand. Stop by unannounced to see how the program really works. Programs which provide, or can refer you to, specialized day care services include:

Alaska Division of Community Development
Child Care Programs
949 E. 36th Ave., 4th Floor, Anchorage, AK 99504; Ph. 563-1973

Catholic Social Services
3329 Fairbanks St., Anchorage, AK 99503; Ph. 274-1546

Fairbanks Rehabilitation Association (FRA)
805 Airport Rd., Fairbanks, AK 99701; Ph. 456-8901

St. Jude Center
3272 Hospital Dr., Rte. 3, Box 3050, Juneau, AK 99801;
Ph. 586-2624

For a copy of the **Alaska Directory of Services for Preschool Handicapped Children** write:

Alaska Special Services
Resource Access Project (RAP)
1345 W. 9th Ave., Suite 201, Anchorage, AK 99501; Ph. 274-1665

The **State Day Care Subsidy Program** provides aid to low income parents in both urban and rural communities so that their children can be properly cared for while the parents are working or attending school. Child care must be arranged through licensed centers. Ask your day care center about this program and where to apply, or contact the Division of Community Development, Child Care Programs, listed above.

HOMEMAKER AND HOME HEALTH AIDE SERVICES

Throughout the state, Homemaker Services and Home Health Aide Services are available to families who have an ill or disabled family member. Like respite care and specialized day care, these programs are intended to help keep families together and individuals out of institutions.

The Homemaker Services program provides trained people to go into families' homes, both in urban areas and villages, and assist with household chores - from shopping, hauling water and chopping wood, to meal planning and personal hygiene. The homemaker's presence can give other family members a chance for an occasional break from the responsibilities of caring for another person, and that break can often be as important a benefit as the direct service.

Homemaker Programs:

Anchorage
3401 E. 42nd Ave., Anchorage, AK 99504; Ph. 562-2922

Bethel
P.O. Box 310, Bethel, AK 99559; Ph. 543-2144

Fairbanks
528 5th Ave., Room 211, Fairbanks, AK 99701; Ph. 456-6208

Juneau
Alaska Management Technologies
369 S. Franklin, Suite 101, Juneau, AK 99801; Ph. 586-3944

Ketchikan
106 Main St. Upper, Ketchikan, AK 99901; Ph. 225-5810

Nome
P.O. Box 149, Nome, AK 99762; Ph. 443-2772

Palmer
P.O. Box 2048, Palmer, AK 99645; Ph. 745-2900

The Home Health Aide program provides health-related personal care to family members who are ill or disabled. A trained person comes into the home to help with such things as toileting, dressings, exercising, and the use of adaptive equipment. Like Homemaker Services, the Home Health Aide program - which is expanding to serve more outlying areas - can also give family members a break from caring for an ill or disabled person.

In addition, the state provides skilled nursing services to people in their homes. Through this program, a professional nurse is available to administer medications, injections, to provide care following surgery, as well as to care for terminally ill patients.

For more information on these in-home programs, contact one of the agencies or organizations below:

Home Health Aide Programs:

Fairbanks Home Health Care
1512 Cushman St., Suite 202, Fairbanks, AK 99701;
Ph. 452-6404

Homemaker Program
P.O. Box 2048, Palmer, AK 99645; Ph. 745-2900

Ketchikan Home Health Care
1734 Tongass Upper, Ketchikan, AK 99901; Ph. 225-5180

Home Health Services, Public Health Nursing Services:

Alaska Division of Public Health
Section of Nursing
Pouch H-06E, Juneau, AK 99811; Ph. 465-3150

Local phone numbers:

Bethel Regional Office	543-2110
Northern Regional Office, Fairbanks	452-1593
Fairbanks Health Center	452-1776
Griest Family Services Center	852-5600
Nome Health Center	443-5229
Tok Health Center	883-4104
Unalakleet Health Center	624-3255
Southcentral Regional Office, Anchorage	561-4215
Dillingham Health Center	842-5981
Homer Health Center	325-8857

Kenai Health Center	283-4871
Kodiak Health Center	486-3319
McGrath Health Center	524-3868
Naknek Health Center	246-4250
Palmer Health Center	745-4258
Seward Health Center	224-5567
Valdez Health Center	835-4612
Wasilla Health Center	376-2437
Southeastern Regional Office, Juneau	586-1120
Craig Health Center	826-3433
Haines Health Center	766-2125
Juneau Health Center	586-3736
Ketchikan Health Center	225-4350
Petersburg Health Center	772-4672
Sitka Health Center	747-3255
Wrangell Health Center	874-3615

Regional Health Corporations:
(See listings in the Medical and Health Services section.)

RESIDENTIAL SERVICES

Although living at home in one's own community is usually the best environment for a child or an adult, under certain circumstances residential care may be necessary for a person with a disability for a period of time. Prior to making the decision to place a child or adult family member in a residential facility, it is important to explore alternative possibilities for keeping that person living at home (see sections on respite care and homemaker and home health aide services). And just because you feel it is best for a disabled family member to be placed in a residential facility right now, does not mean it will be best or appropriate six months or a year from now. Even the most severely disabled individuals can live in their natural homes if adequate family and community services are available and if families are committed to that option.

Which residential setting a family chooses depends on many factors: the severity of the disability; the special needs of the individual; the availability of local medical, educational, vocational and recreational services; which facilities have space; and how much the family wants to have continuing and frequent contact with the individual.

There are a variety of alternatives available for out-of-home placements. One option is specialized foster care, which provides short and long-term placements, either in one's own or another community. Often such care can provide a needed 'breather' for the family.

Specialized foster care can be arranged through the following:

Alaska Division of Family and Youth Services
(See the listing of Division offices at the back of this booklet.)

Alaska Resources for the Moderately/Severely Impaired (ARMSI)
3401 E. 42nd Ave., Anchorage, AK 99504; Ph. 561-1133

Fairbanks Rehabilitation Association (FRA)
805 Airport Rd., Fairbanks, AK 99701; Ph. 456-8901

Hope Cottages, Inc.
2805 Bering St., Suite 2A, Anchorage, AK 99503; Ph. 274-1581

People Count
P.O. Box 7073NRB, Kenai, AK 99611; Ph. 283-4099

Another residential alternative is the group home, in which several disabled adults live together in a supervised family-like environment in the community. For information on **group homes,** contact:

Alaska Resources for the Moderately/Severely Impaired (ARMSI)
(address and phone above)

Bethel Social Services, Inc.
Box 271, Bethel, AK 99559; Ph. 543-2840

CHILD, Inc.
8108 Smipe Ct., Juneau, AK 99801; Ph. 789-7479 or 586-3206

Fairbanks Rehabilitation Association (FRA)
(address and phone above)

Gateway Opportunity Center
3½ Mile N. Tongass, P.O. Box 7262, Ketchikan, AK 99901;
Ph. 225-9641

Hope Cottages, Inc.
(address and phone above)

Kodiak-Aleutian Mental Health Center
P.O. Box 712, Kodiak, AK 99615; Ph. 486-5742

REACH, Inc.
P.O. Box 1266, Juneau, AK 99802; Ph. 586-2360

There are also group home facilities for severely and profoundly disabled children as well as adults at Hope Cottages, Inc., in Anchorage. Ten or fewer individuals are cared for in these group home facilities.

For those disabled individuals who manage almost all their own

care, but need help in a few specific areas (such as managing money, shopping, cooking, arranging medical and dental checkups, transportation, personal counseling), there are independent living programs. Agencies providing residential or group home care usually provide these services and employ staff who regularly visit the apartments or homes of the disabled adults who are living independently. These staff people provide counseling and help with specific problems. See the agencies listed under group homes.

Several organizations which do not provide residential services directly, but do provide **support services** for disabled adults, include:

Access Alaska
941 E. Dowling Rd., Anchorage, AK 99502; Ph. 563-4060/Zen. 4488

Alaska Center for Independent Living (ACIL)
SR Box 50923, Fairbanks, AK 99707; Ph. 456-2245 or 488-6256

People Count
P.O. Box 7073NRB, Kenai, AK 99611; Ph. 283-4099

Sensory Impairment Center
3710 E. 20th Ave., Anchorage, AK 99504; Ph. 272-7223 or 272-7112

Yukon Kuskokwim Health Corporation
P.O. Box 528, Bethel, AK 99559; Ph. 543-3321

Harborview Developmental Center is the state residential facility for developmentally disabled individuals. Located in Valdez, Harborview serves approximately 96 individuals. This facility provides a variety of services to children and adults based on their individual needs, and is used as a back up facility when other residential programs are full and other community services are not available. For information contact:

Harborview Developmental Center
Box 487, Valdez AK 99686; Ph. 835-4344

Residential care services are provided to persons who have mental or emotional illnesses at the Alaska Psychiatric Institute (API). For information contact:

Alaska Psychiatric Institute (API)
2900 Providence Drive, Anchorage, AK 99504; Ph. 561-1633

For those people with special medical needs which require 24-hour supervision, nursing homes may be appropriate. Nursing homes can be found in a number of communities in the state. Check

with your health care providers for information.

For more information on any of the residential options covered here, contact the Client Program Manager in the Division of Mental Health and Developmental Disabilities, or contact the residential programs directly:

Client Program Manager
Division of Mental Health and Developmental Disabilities
3601 C St., Pouch 6333, Anchorage, AK 99502; Ph. 561-4247

In addition, individuals and families who need accessible housing because of a disabling condition can contact the Alaska State Housing Authority for information on accessible units in their area. Contact the main office below, or check your telephone directory under State of Alaska to see if there is an office in your community.

Alaska State Housing Authority (ASHA)
P.O. Box 100080, 624 W. International Airport Rd., Anchorage, AK 99510; Ph. 562-2813

VOCATIONAL SERVICES

Vocational skills are essential to economic self-sufficiency. Your child will want to be aware of jobs and careers appropriate to his or her personality and abilities, and to be able to obtain training in the required skills. With your help and the help of educational and/or vocational professionals, your child can have that opportunity.

Vocational skills and opportunities are very important to adults who have disabilities. Gaining access to job training and to employment are priorities for most individuals. The agencies and organizations listed below can provide direct services and referrals.

Vocational evaluation and training can be started when a person is 14 years old. High school counselors, admissions personnel at community colleges and universities, as well as the staff of the state's Division of Vocational Rehabilitation, can help a person select an appropriate educational-vocational program. For information contact one of the Division's offices listed below:

Division of Vocational Rehabilitation (DVR):

Anchorage
4100 Spenard Rd., Anchorage, AK 99503; Ph. 243-5600

Fairbanks
657 - 7th Ave., Station B, Fairbanks, AK 99701; Ph. 452-8191

Juneau
Pouch F, Juneau, AK 99811; Ph. 465-2814

Kenai
11355 Spur Hwy., Kenai, AK 99611; Ph. 283-3113

Ketchikan
415 Main St., Room 303, Ketchikan, AK 99901; Ph. 225-6655

Kodiak
P.O. Box 3389, Kodiak, AK 99615; Ph. 486-5787

Seattle
1502 Tacoma Ave., South, Seattle, WA 98402; Ph. 383-4190

The following agencies also offer job training and other work-related services:

Access Alaska
941 E. Dowling Rd., Anchorage, AK 99502; Ph. 563-4060/Zenith 4488

Alaska Vocational Services
1709 S. Bragaw, Suite J, Anchorage, AK 99504; Ph. 279-2501

Career Education Center
2650 E. Northern Lights Blvd., Anchorage, AK 99504;
Ph. 278-9631

Career and Vocational Education
Department of Education
Pouch F, Juneau, AK 99811; Ph. 465-2980

Employment and Training Center of Alaska (ETCA)
2330 Nichols St., Anchorage, AK 99504; Ph. 279-6617

Fairbanks Rehabilitation Association (FRA)
805 Airport Rd., Fairbanks, AK 99701; Ph. 456-8901

Gateway Opportunity Center
3½ N. Tongass, P.O. Box 7262, Ketchikan, AK 99901; Ph.225-9641

People Count
P.O. Box 7073NRB, Kenai, AK 99611; Ph. 283-4099

REACH, Inc.
P.O. Box 1266, Juneau, AK 99802; Ph. 586-2360

Sensory Impairment Center
3710 E. 20th Ave., Anchorage, AK 99504; Ph. 272-7223 or 272-7112

Job Service Centers throughout the state offer special programs for disabled persons. Check your phone directory for an office in your area.

There are also special programs and grants-in-aid for vocational or career education programs for people with certain disabling conditions or people of Alaskan Native heritage. Talk with your school counselor, or for information on programs for native Alaskans, contact:

BIA Education
Juneau Area Office
P.O. Box 3-8000, Juneau, AK 99801; Ph. 586-7192

National organizations listed at the back of this booklet may also have special information on educational and vocational opportunities and financial aids.

TRANSPCRTATION SERVICES

There are accessible local transportation services available in many communities in Alaska. Due to the recognition of the special transportation needs of people who are disabled and elderly, the U.S. Department of Transportation has adopted regulations that require all communities which use Department of Transportation funds for local public transportation systems to make those systems accessible to people with disabilities. In fact, the current regulations require that every vehicle purchased after September 31, 1979, with Department of Transportation funds must have a wheelchair lift.

Disabled persons can still have many transportation problems, however. Getting to and from the bus stop can be extremely difficult for persons with mobility limitations. As a result, the federal requirements may be changed, and some communities, like Anchorage, have developed special door-to-door transportation services for people with disabilities.

Also, community organizations which have purchased vans and other vehicles with UMTA (Urban Mass Transportation Act) funds must make those vehicles available for transportation of persons who are disabled.

For information on local transportation services, call your city or borough government offices. You may also want to inquire about special fares, since some communities have reduced fares available to people with disabilities.

Anchorage.

Transportation Services, Inc.
1040 E. 1st Ave., Anchorage, AK 99503;
Elderly and Handicapped, ph. 276-4644

Far North Transportation
3607 Spenard Rd., Anchorage, AK 99503; Ph. 563-5252

People Mover
Pouch 6-650, Anchorage, AK 99502; Ph. 264-6543

Burton-Carver Transportation
Dispatch Ph. 276-4644

Fairbanks:

MACS (Metropolitan Area Commuter Service)
3175 Peger Rd., Fairbanks, AK 99701;
Scheduling and Information Ph. 456-3279
Office Ph. 452-6624

Juneau:

Capitol Transit
155 S. Seward, Juneau, AK 99811; Ph. 364-3440

Elderly and Handicapped Van
895 - 12th St., Juneau, AK 99801; Ph. 586-4482

In addition, most airlines will help people with special needs. It is important to make your reservation ahead of time, to let the ticket agent know of your special needs, and to arrive at the airport early if you want to be pre-boarded on the airplane.

RECREATIONAL SERVICES

Exercise and recreation are essential for all people. Recreational activities provide the opportunity to make friends, improve social skills and develop independence. Inactivity not only can limit growth and development, but also can make a person more susceptible to illness.

The Alaska Handicapped Sports and Recreation Association (AHSRA) provides recreation programs and activities for people with physical and/or mental disabilities. Activities include such things as adaptive skiing and wheelchair basketball. AHSRA also can help with the development of local recreation programs for disabled people. For information contact:

Alaska Handicapped Sports and Recreation Association (AHSRA)
c/o Access Alaska
941 E. Dowling Rd., Anchorage, AK 99502;
Ph. 783-2925 (winter phone)/563-4060 (year-round)

The Association for Retarded Citizens of Anchorage (ARCA) operates an activity center for adults 18 and over who are mentally retarded. The center offers a wide variety of leisure time and social opportunities. For information contact:

The Association for Retarded Citizens of Anchorage
211 Arca Drive, P.O. Box 4-BBB, Anchorage, AK 99509;
Ph. 277-6677

Special Olympics is a national program which promotes physical fitness, recreation and competition for disabled children. There are Special Olympics programs in several Alaskan communities. For more information contact:

Alaska Special Olympics
13105 Cape Circle, P.O. Box 10-1237, Anchorage, AK 99511;
Ph. 277-2242

Alpine Alternatives is an organization that provides a variety of activities for children and adults who are disabled, including alpine and cross-country skiing, skating, winter camping, snowshoeing, horse pack trips, canoeing and rafting. For information:

Alpine Alternatives
P.O. Box 2855, Anchorage, AK 99510; Ph. 274-0035

Your local community also may have its own recreation program for disabled persons. Both Anchorage and Fairbanks, for example, have such programs. For more information contact:

Fairbanks North Star Borough Parks and Recreation Department
Special Programs for the Disabled
P.O. Box 1267, Fairbanks, AK 99707; Ph. 452-4761

Municipality of Anchorage Parks and Recreation Division
Handicapped Unit
607 W. 6th Ave., Anchorage, AK 99501; Ph. 264-4474

Some communities offer special recreational workshops and summer camp and recreation programs. These course offerings and community parks and recreation activities depend on community interest and often can be arranged if a group of individuals requests them.

LEGAL AND PROTECTIVE SERVICES

Protecting Rights—Disabled individuals are sometimes denied the rights to which they are entitled as citizens because of their disabilities. Sometimes their rights to important services are violated. Therefore special attention and effort are needed to ensure protection of those rights.

Individuals with disabilities have the same rights as other citizens of the same age and should be considered capable of exercising those rights unless they are legally proven to be incapable of doing so. Those rights include, but are not limited to, the right to life, equal access to educational opportunity, the right to own and dispose of property, to vote, to marry, to be paid in accordance with legal wage requirements for work performed, and the right to an education in the least restrictive environment. No right should be limited or modified without due process, and rights should be limited only to the extent necessary by the person's inability to be responsible for himself or herself.

When it is felt that civil or human rights are being violated, there are organizations to contact which can help interpret laws and regulations, investigate complaints, and if necessary, intervene on the person's behalf. These organizations can help an individual become his or her own advocate, can help file a grievance, appeal what may be unfair administrative practices, ask for a fair hearing, or help take any other necessary action to remedy the situation. Agencies which can help are:

P.A.D.D, Inc. (Protection and Advocacy for the Developmentally Disabled):

Anchorage
325 East 3rd, 2nd Floor, Anchorage, AK 99501; Ph. 274-3658

Fairbanks
763 - 7th Ave., Fairbanks, AK 99701; Ph. 456-1070

Juneau
419 - 6th St., Room 232, Juneau, AK 99801; Ph. 586-1627

Ombudsman Offices (for questions and complaints about state agencies):

Anchorage
3201 C St., Suite 606, Anchorage, AK 99503; Ph. 276-4011

Fairbanks
315 Barnette St., P.O. Box 74358, Fairbanks, AK 99707;
Ph. 452-4001

Juneau
Pouch WO, Juneau, AK 99811; Ph. 465-4970

State of Alaska Human Rights Commission (investigations of discrimination and other human rights violations):

Anchorage
341 W. 7th Ave., Suite 105, Anchorage, AK 99501;
Ph. 276-7474

Fairbanks
675 7th Ave., Station H, Fairbanks, AK 99701; Ph. 456-8306

Juneau
Pouch AH, 314 Goldstein Bldg., Juneau, AK 99811;
Ph. 465-3560

Alaska Legal Services (civil rights matters for financially needy individuals), 615 H St., Anchorage, AK 99501; Ph. 272-9431

(Also check your phone book for offices in Barrow, Bethel, Copper Center, Dillingham, Fairbanks, Galena, Juneau, Ketchikan, Kodiak, Kotzebue, Nome, Sitka and Tok.)

Alaska Lawyer Referral Service (statewide service)
P.O. Box 100279, Anchorage, AK 99510;
Ph. 272-0352/Zenith 9999

Abuse and Neglect—Another area of concern under legal and protective services is the problem of abuse and neglect. When people feel anger, despair, confusion and frustration and direct those feelings toward their children or any other member of the family, they need help.

Abuse happens when a person is harmed because of physical beatings, sexual misuse, cutting, burning, severe mental stress, or

dependency on drugs at birth. Neglect happens when a person is not given needed food, shelter, clothing, medical attention or supervision, or when an individual is emotionally deprived.

Instances of neglect, abuse or exploitation of children or adults should be reported promptly. For help, contact the Division of Family and Youth Services nearest you (see listings at the back of this book), your community health aide or public health nurse, your community mental health center, a local crisis center, or look in the yellow pages of your phone book for "crisis intervention services" or "social services organizations." If you are on a military base, contact the community services office or any of the above resources. In an emergency, call the police.

Protection services can include emergency shelter, complaint investigation, counseling, homemaker and day care services, legal advocacy and assistance, medical or psychiatric care, residential care, transportation, and participation in self-help groups such as Parents Anonymous.

Preparing a Will—When you plan for the future of your son or daughter who is disabled, you will want to make sure that his or her needs are provided for if something should happen to you. You will want to write a will and plan your estate so that the special needs of your child are considered. While it is legal for a person to make his or her own will in Alaska, it is not advised. Fees charged by attorneys are small compared to the technical errors, time, trouble and costs which are often involved in settling estates when wills are not properly prepared. If you write your own will, you may think your words are absolutely clear. Remember that your words may not mean the same to others who read them after your death. An attorney can answer questions and give you advice on matters such as tax consequences, full or partial guardianship, probate, trusts and estate planning.

Without a will your property will be distributed according to the laws of Alaska. You lose the privilege of naming an executor or guardian; you might face higher taxes on your estates; and you may be leaving your property to persons other than those of your choice.

GUARDIANSHIP SERVICES

Guardianship is a legal relationship between a competent adult (the guardian) and any minor child, or a disabled adult. The relationship gives the guardian the legal right and the legal responsibility to act on behalf of the ward in making decisions affecting his or her life or property.

Parents are the legal guardians of their children until their children reach 18. After the eighteenth birthday, a disabled person is legally an adult and is responsible for handling his or her own finances, giving consent for medical treatment, signing contracts, and so forth. The natural parent is no longer the legal guardian.

If it is thought that a person lacks the ability to understand or is unable to make or communicate responsible decisions about his or her care or well-being, then parents or other responsible adults can file a petition in court asking that they be named as legal guardian, or asking that another legal guardian be appointed. While a guardian has legal rights and responsibilities for their ward, the guardian is not financially responsible for his or her support or for paying for needed services. It is also possible to assume partial guardianship, with the legal duties and powers clearly delineated.

Guardianship proceedings and legal language can be very confusing. To provide the best possible protection of the civil and legal rights of an incapacitated or disabled person, you will need to ask many questions and follow the due process.

For information you can contact the Office of the Public Guardian at one of the listings below:

1st Judicial District
Richard N. Siangco
Pouch V, Juneau, AK 99811; Ph. 465-3444

2nd Judicial District
Mike Hall
303 K St., Anchorage, AK 99501; Ph. 264-0540

3rd Judicial District
D. Charlene Doris
303 K St., Anchorage, AK 99501; Ph. 264-0688

4th Judicial District
Frederick H. Smith
604 Barnette St., Rm. 202, Fairbanks, AK 99701;
Ph. 452-9212

Ketchikan
Susan Thomsen
415 Main St., Rm. 400, Ketchikan AK 99901

You can also contact P.A.D.D., Inc. (Protection and Advocacy for the Developmentally Disabled):

Anchorage
325 E. 3rd, 2nd Floor, Anchorage, AK 99501; Ph. 274-3658

Fairbanks
763 - 7th Ave., Fairbanks, AK 99701; Ph. 456-1070

Juneau
419 - 6th St., Rm. 232, Juneau, AK 99801; Ph. 586-1627

You also may want to contact your attorney or the Lawyer Referral Services of the Alaska Bar Association at:

Alaska Lawyer Referral Services (statewide service)
P.O. Box 100279, Anchorage, AK 99510;
Ph. 272-0352/Zenith 9999

FINANCIAL ASSISTANCE

Having a child or adult family member in need of special services makes you and your family eligible for certain programs and financial benefits. Ask your local Division of Public Assistance, Social Security Office, or other public and private agencies about financial assistance available.

Insurance Policies—Some insurance policies may cover certain additional expenses. Check with your insurance agent.

Tax Deductions—You should be aware that the Internal Revenue Service (IRS) permits certain deductions on your income tax forms. In general, there are two types of tax benefits: one is the medical deduction program; the other is the household and dependent care services program. The medical deduction program permits individuals to deduct payments for certain expenses, including medicine and drugs used for medical care. The household and dependent care services program allows deductions to an individual maintaining a household for a member who is "a dependent of the taxpayer and physically or mentally incapable of caring for him or herself." There are other special deductions you may be eligible for. The best place to go for information is your district office of the Internal Revenue Service. Look in the telephone book under United States Government, Internal Revenue Service. Tell them that you have a disabled child or adult family member and ask about all of the possible deductions. Keep a careful record of your expenses.

Supplemental Security Income—Supplemental Security Income (SSI) is a national program which provides direct cash payments to people with financial need. It guarantees a minimum income to persons who are 65 or older, or who are blind or disabled, including disabled children under 18. Eligible individuals receive one check per month.

In order to be eligible for SSI benefits, an individual must be age 65 or older or disabled **and** financially needy. If an individual qualifies for these payments, benefits will vary according to the person's living arrangements and financial situation.

It is important to apply for SSI even though a person may receive only a very small benefit, because anyone who is eligible for SSI is automatically eligible for Family and Youth Services assistance (Title XX), Medicaid (Title XIX), Vocational Rehabilitation Services, EPSDT (Early Prevention and Screening Diagnosis and Treatment), medical checkups, and perhaps special Handicapped Children's Program services. When you apply for SSI, make sure you ask about

the other services you may be eligible for and where you can apply for them.

How to apply for SSI: Because it is sometimes hard to apply for this money, and because it can take up to four months to start getting the money, many people who should, don't apply for SSI. Don't be discouraged. Call your nearest Social Security Office to apply. They will help you fill out an application. If you can't get to the office, the Social Security Administration may send an interviewer to your house, or you may send someone to apply for you.

You will need to take certain information with you to fill out the application, including:

1. Your social security number, if you have one.
2. Birth certificate or some other proof of age. Proof of place of birth.
3. Medical sources. This means addresses and phone numbers of medical professionals who are familiar with your disability or that of your child.
4. Your pay stubs, rent receipts and bankbook, if you have them.

It may take up to four months in a disability case for the Social Security Office to look at these financial and medical records and decide if you or your child are eligible for SSI support. If you are in dire need, ask if you qualify for "presumptive disability funds" - money that they might be able to give you while they are looking over your records. If they decide that you or your child is not disabled enough to get SSI, you do not have to pay this money back.

Medicaid—The Medical Assistance Program under Title XIX of the Social Security Act (Medicaid) provides medical services for "needy" individuals. Contact your local Division of Public Assistance office (see listings at back of this booklet) to see if you or your child might qualify for this type of assistance. In addition, any child under the age of 21 with income or assets over the eligibility limit for SSI or Aid to Families with Dependent Children (AFDC), may still be eligible for Medicaid if there are medical expenses that the family cannot afford to pay.

Old Age Survivor's and Disability Insurance—There is another program under the Social Security Act which provides monthly payments to:

- Aged persons who have retired;
- Surviving dependents of deceased workers;
- Disabled workers and their dependents;
- Disabled dependents of deceased, retired or disabled workers.

This program is Old Age Survivor's and Disability Insurance (OASDI). Basically it is a national insurance program paid for by

tax contributions of workers and employers. A child is eligible for this Social Security cash benefit based on the earnings of the parents. Benefits are paid to, or on behalf of, a child to replace the income lost if the parent retires, dies or becomes too disabled to work. The program becomes especially important for a child disabled before age 22. When this disabled person turns 18, he or she may be eligible for benefits for as long as he or she is disabled.

To obtain more information about SSI, or OASDI, contact one of the following offices of the Social Security Administration:

Anchorage
Box 66, Anchorage, AK 99513; Ph. 271-4015
(Located at 8th Avenue between B & C Streets, Module G, Room 1001)

Fairbanks
P.O. Box 1449, Rm. 138, Federal Bldg. & Courthouse
101-12th Ave., Fairbanks, AK 99707; Ph. 456-0241 or Zenith 8888

Juneau
P.O. Box 1327, Rm. 813, Federal Office Bldg.
709 W. 9th St., Juneau, AK 99802; Ph. 586-7123

Ketchikan
P.O. Box 5837, 109 Main St., Ketchikan, AK 99901;
Ph. 225-5200

Aid to Families with Dependent Children (AFDC)—Financially needy families may receive cash benefits under this program if they have one or more dependent children (under age 18) and the child or children are deprived of parental support or care due to the death, absence, physical or mental incapacity or unemployment of a parent. To apply, or for additional information, contact the Division of Public Assistance office nearest you. The offices are listed at the back of the booklet, or write the central office at:

Division of Public Assistance
Department of Health & Social Services
Pouch H-07, Juneau, AK 99811; Ph. 465-3355

You should also check to see if you qualify for other state aid programs such as "Aid to the Disabled" or "Food Stamps."

Champus (Civilian Health and Medical Program for the Uniformed Services)—Financial aid may be available to military persons or their dependents through the CHAMPUS Program, depending upon the available public services and the nature of the

disability. Check with the military hospital or outpatient clinic to see what specific services they provide and whether CHAMPUS aid is applicable.

Housing Assistance—Disabled people with low incomes can get part of their rent paid by the "Housing Assistance Payments Program." This is also called the "Section 8 Program." Those eligible are people who are disabled and who live alone; who live with a spouse if their combined income is low enough; who live with other disabled people; or who live with another person who takes care of them but is not related to them.

A disabled person may live in an apartment or independent living group home with other disabled people and still receive Section 8 help in paying his or her rent. Some disabled people in the apartment or home may not qualify for help because of their income or for other reasons, but this does not mean that others in the home cannot get Section 8 help. Contact the Alaska State Housing Authority in your community, the HUD office, or your mayor or city manager or contact the central offices listed below:

Alaska State Housing Authority (ASHA)
P.O. Box 100080, 624 W. International Airport Rd., Anchorage, AK 99510; Ph. 562-2813

U.S. Housing and Urban Development (HUD)
Box 64, 701 C St., Anchorage, AK 99513; Ph. 271-4170

Where to Turn for

RELATED READING

NEWSLETTERS

NATIONAL ASSOCIATIONS

DIVISION OF FAMILY AND YOUTH SERVICES

DIVISION OF PUBLIC ASSISTANCE

RELATED READING

The following are selected materials that can be helpful to persons who are disabled and their families, teachers and other professionals. Interested persons also can request a current publication list from the publishers listed below.

Understanding the Law. An Advocate's Guide to the Law and Developmental Disabilities. Stephen J. Taylor and Douglas Biklen, 1980. Human Policy Press, Box 127, Syracuse, NY 13210, (315) 423-3851.

Let Our Children Go. An Organizing Manual for Advocates and Parents. Douglas Biklen, 1974. Human Policy Press, address and phone above.

What's the Difference? Teaching Positive Attitudes Toward People with Disabilities. Ellen Barnes, Carol Berrigan and Douglas Biklen, 1978. Large selection of classroom activities and other resources for teachers and parents. Human Policy Press, address and phone above.

Teach and Reach. An Alternative Guide to Resources for the Classroom. Ellen Barnes, Bill Eyman and Maddy Gragar, 1977 revised. Human Policy Press, address and phone above.

Sticks and Stones - The Story of Loving a Child. Elizabeth Pieper. Parent's story of the efforts and growth involved in raising a disabled child. Focuses on parents as advocates. Human Policy Press, address and phone above.

Hope for Families: New Directions for Parents of Persons with Retardation or Other Disabilities. Robert Perske; illustrated by Martha Perske, 1981. Abingdon Publishing, 201 Eighth Ave., South, Nashville, TN 37202

New Life in the Neighborhood - How Persons with Retardation Can Make a Good Community Better. Robert Perske; illustrated by Martha Perske, 1980. Abingdon Publishing, 201 Eighth Ave., South, Nashville TN 37202

Everybody Counts! A Workshop Manual to Increase Awareness about Handicapped People. Council for Exceptional Children, 1979. Activities address attitudes and fears people often have about disabilities. Manual is available on loan from the Governor's Council for the Handicapped and Gifted, 600 University Ave., Suite C, Fairbanks, AK 99701, (907) 479-6507.

Epilepsy: You and Your Child. Epilepsy Foundation of America, 4351 Garden City Dr., Suite 406, Landover MD 20785.

Parenting - An Annotated Bibliography. Department of Health and Human Services, Publication No. (OHDS) 78-30134, Washington, D.C. 20201.

The Exceptional Parent. Psy-Ed Corporation, Room 700, Slatler Office Bldg., 20 Providence St., Boston, MA 02116.

On Being the Parent of a Handicapped Youth. Sol Gorton, PhD. New York Association for Brain Injured Children and its Associations for Children with Learning Disabilities, 95 Madison Ave., New York, NY 10016.

Your Child from 1 to 6. Department of Health and Human Services, Publication No. (OHD) 76-30026, Washington, D.C. 20201.

A Reader's Guide for Parents of Children with Mental, Physical or Emotional Disabilities. Department of Health and Human Services, Publication No. (HSA) 77-5290, Public Health Services, Health Services Administration, Bureau of Community Health Services, Rockville, MD 20857.

Teach Your Child to Talk. David R. Pushaw. Dantree Press, Inc., 44 W. 62nd St., New York, NY 10023. Can be ordered through your local bookstore.

Howie Helps Himself. Joan Fassler. Albert Whitman and Company, 560 W. Lake St., Chicago, IL 60606. Can be ordered through your local bookstore; grades 1-4.

Mine for Keeps. Jean Little. Little, Brown and Company, 34 Beacon St., Boston, MA 02106. Can be ordered through your local bookstore; grades 3-6.

Special People. Arnold Sacmary and Roger Zeeman. New Jersey Association for Children with Learning Disabilities, P.O. Box 249, Convent Station, NJ 07961.

Your Handicap: Don't Let It Handicap You. Sarah Splaver. Julian Messner, 1230 Ave. of the Americas, New York, NY 10020. Can be ordered through your local bookstore; grades 6-8.

About Handicaps. Sara B. Stein. Walker and Company, 720 Fifth Ave., New York, NY 10019. Can be ordered through your local bookstore; grades K-4.

The following books are available free-of-charge from the Governor's Council for the Handicapped and Gifted:

What, When, Why, Where, Who, How? A resource book of selected films, videotapes, books, speakers (and more) to increase awareness about people with disabilities.

Keeping Families Together: Respite and Other Short-Term Care for People with Disabilities. An in-depth look at respite services in Alaska and elsewhere.

The following materials are available on a free loan basis from the Governor's Council for the Handicapped and Gifted:

Providing Respite Care. A training program for respite care providers and home health aides, 1982. United Community Planning Corporation, 87 Kilby St., Boston MA 02109.

Giving Families a Break: Strategies for Respite Care. The whys and hows of operating a respite program, including models of care, recruiting and training, working with families, management and record-keeping, insurance and liability considerations, 1983, Meyer Children's Rehabilitation Institute, University of Nebraska Medical Center, 444 S.44th St., Omaha, NB 68131.

Respite Care Fact Packet. Information packet in which to record special procedures for the care of a developmentally disabled person; 1983, Meyer Children's Rehabilitation Institute, University of Nebraska Medical Center, 44 S. 44th St., Omaha, NB 68131.

A Better Answer. Esther Gilbertson — Two volumes: 1. Handbook for Homemaker-Home Health Aides Working with Persons with Developmental Disabilities and Their Families, and 2. A Manual for Instructors; 1981, National Home Caring Council, 67 Irving Pl., New York, NY 10003.

Foster Parents' Handbook. State of Alaska, Department of Health and Social Services, Pouch H-05, Juneau, AK 99811.

Respite Foster Care Program. Guidelines and procedures from the Kansas Children's Service League, Topeka District Office, P.O. Box 5314, Topeka, KS 66605.

Respite Care in Maryland. Respite care task force report from a state with comprehensive respite care services; 1980, State of Maryland, Department of Human Resources, 1100 N. Eutaw St., Baltimore, MD 21201.

Independent Living with Attendant Care:
A Guide for the Person with a Disability
A Message to Parents of Handicapped Youth
A Guide for the Personal Care Attendant

These booklets give practical ideas and help on personal aide and attendant care; Institute for Rehabilitation and Research, 1333 Moursund Ave., Houston, TX 77030

NEWSLETTERS

The following are selected newsletters that have been sent to the office of the Governor's Council for the Handicapped and Gifted:

Access Alaska. Newsletter focuses on all aspects of independent living for persons with disabilities. Access Alaska, 941 E. Dowling Rd., Anchorage, AK 99502. Ph. 563-4060/Zenith 4488.

ACCH Network. Newsletter of the Association for the Care of Children's Health. Focuses on the needs of families with children who are chronically ill or disabled. Quarterly. Free. 3615 W. Wisconsin Ave., N.W., Washington, D.C. 20016.

Advocate. Newsletter of the National Society for Autistic Children on needs, services, grant programs, research projects, review of books on autism, and NSAC conferences. Free with $10.00 annual membership. Monthly. 1234 Massachusetts Ave., N.W., Suite 1017, Washington, D.C. 20005.

ARC. Published by the Association for Retarded Citizens of Alaska. ARC Alaska, P.O. Box 4-BBB, Anchorage, AK 99509.

ARCA Activity Center. Highlights of activities for persons with developmental disabilities in Anchorage. ARCA Activity Center, 2211 Arca Dr., P.O. Box 4-BBB, Anchorage, AK 99509. Ph. 277-6677.

ARMSI Newsletter. Published by Alaska Resources for the Moderately/Severely Impaired (ARMSI). Resources, programs, conferences and other topics of interest. Free. ARMSI, 3401 E. 42nd Ave., Anchorage, AK 99504. Ph. 561-1133.

Capitol Observer. Published by Epilepsy Foundation of America and the National Society for Children and Adults with Autism. Focuses on federal legislation, court cases, and programs pertinent to the support of persons with disabilities. Monthly. Write Epilepsy Foundation of America, Suite 406, 4351 Garden City Dr., Landover, MD 20785.

Finding Out. A newsletter for Alaskans concerned about young children and their families. Published by Early Childhood Coordination Project, 1345 W. 9th St., Suite 202, Anchorage, AK 99501. Ph. 274-1665.

Health Tales. Published by the Health Education Office, Division of Public Health, Department of Health and Social Services, Pouch H-06H, Juneau, AK 99811.

Ideas. Published by the Fairbanks Rehabilitation Association (FRA). Includes topics of local, statewide and national interest pertaining to persons who are disabled and their families. Quarterly. Free. Fairbanks Rehabilitation Association, 805 Airport Rd., Fairbanks, AK 99701. Ph. 456-8901.

ILRU Insights. The national newsletter for independent living. Published by ILRU Project, P.O. Box 20095, Houston, TX 772225. Bimonthly. $18/year.

Mental Health Law Project - Summary of Activities. Review of court cases, rights, issues on topics such as right to treatment, deinstitutionalization, commitment proceedings, state and federal legislation relating to mentally handicapped and developmentally disabled persons. Quarterly. Free. Mental Health Law Project, Suite 300, 1220 Nineteenth St., N.W., Washington, D.C. 20036.

National Spokesman. Published by the Epilepsy Foundation of America, 4351 Garden City Dr., Suite 406, Landover, MD 20785. Monthly $1.10/issue.

Newsline. Published by Alaska Handicapped Sports and Recreation Association (AHSRA). Bimonthly. Free with $25 annual membership. AHSRA, P.O. Box 714, Girdwood, AK 99587. Ph. 563-4060 or 783-2925.

On the Record. Published by American Brittle Bone Society, Inc. National overview of research, legislation and conferences/meetings. Free. Write American Brittle Bone Society, Inc., 1256 Merrill Dr., Marshallton/West Chester, PA 19380.

SEPTER (Special Education Parent Team for Equal Rights) Newsletter. Write SEPTER, c/o Sitka-PACS, Inc., P.O. Box 4512, Mt. Edgecumbe, AK 99835.

Spinal Cord Society Newsletter. Published by the Alaska Chapter, 1411 K. St., Anchorage, AK 99501. Ph. 277-3943.

tRAPline. Newsletter of the Alaska Resource Access Project. Information on educational materials for young children which parents and teachers can get from RAP; information on Headstart programs, and training workshops. Quarterly. Free. RAP, 1345 W. 9th Ave., Anchorage, AK 99501. Ph. 274-1665.

UC People, etc. National newsletter of the United Cerebral Palsy Association. Quarterly. Free. UC People, 66 E. 34th St., New York, NY 10016. Ph. (212) 481-6300.

NATIONAL ASSOCIATIONS

American Brittle Bone Society, Inc.
1256 Merrill Dr., Marshallton/West Chester, PA 19380

American Foundation for the Blind
15 W. 16th St., New York, NY 10011; Ph. (212) 620-2146

Association for the Care of Children's Health
3615 Wisconsin Ave., N.W., Washington, D.C. 20016

Association for Retarded Citizens
ARC On-the-Job Training Project
1812 E. Madison, Seattle, WA 98122; Ph. (206) 322-6482

Association for Retarded Citizens
P.O. Box 6109, Arlington, TX 76011; Ph. (817) 640-0204

Center for Independent Living
2539 Telegraph Ave., Berkeley, CA 94704; Ph. (415) 841-4776

Center for Innovation in Teaching the Handicapped
Room 150, Smith Research Center
2805 E. 10th St., Bloomington, IN 47401

Closer Look
(Parents' Resource Center)
P.O. Box 1492, Washington, D.C. 20013; Ph. (202) 833-4160

Council for Exceptional Children
1920 Association Dr., Reston, VA 22901; Ph. (703) 620-3660

Disability Information Center
University of So. Maine
246 Deering Ave., Portland, ME 04102; Ph. (207) 780-4433

Epilepsy Foundation of America
4351 Garden City Dr. - Suite 406
Landover, MD 20785; Ph. (301) 459-3700

Institute for Child Behavior Research
4758 Edgeware Rd., San Diego, CA 92116; Ph. (714) 281-7165

National Association of the Deaf
814 Thayer Ave., Silver Spring, MD 20910

National Association of Developmental Disabilities Councils
1234 Massachusetts Ave., N.W. - Suite 203
Washington, D.C. 20005; Ph. (202) 347-1234

National Association for Visually Handicapped
305 E. 24th St., 17-C, New York, NY 10010; Ph. (212) 889-3141

National Easter Seal Society
2023 W. Ogden Ave., Chicago, IL 60612; Ph. (312) 243-8400

National Handicapped Sports and Recreation Association
Capitol Hill Station
P.O. Box 18664, Dept. D, Denver, CO 80218

National Institute on Mental Retardation
Kinsmen NIMR Bldg., York University Campus
4700 Keele St., Downsview, Ontario, Canada M3J 1P3; Ph. (416) 661-9611

National Society for Autistic Children
1234 Massachusetts Ave., N.W. - Suite 1017
Washington, D.C. 20005; Ph. (202) 783-0125

National Spinal Cord Injury Foundation
369 Elliot St., Newton Upper Falls, MA 02164

National Technical Institute for the Deaf
One Lomb Memorial Dr., Rochester, NY 14623; Ph. (716) 475-6884

Paralyzed Veterans of America
4330 East-West Hwy., Suite 300, Washington, D.C. 20014

Rehabilitation International USA
REHABFILM
20 W. 40th St., New York, NY 10018; Ph. (212) 869-0460

Self-Help for Hard of Hearing People, Inc.
P.O. Box 34889, Bethesda, MD 20034

United Cerebral Palsy Association, Inc.
66 E. 34th St., New York, NY 10016; Ph. (212) 481-6300

DIVISION OF FAMILY AND YOUTH SERVICES

Division of Family and Youth Services
Pouch H-05, Juneau, AK 99811; Ph. 465-3170

Northern Regional Office
1919 Lathrop, Drawer 40, Fairbanks, AK 99701; Ph. 452-1844

Northwestern Regional Office
Box 221, Nome, AK 99762; Ph. 443-2674

Southeast Regional Office
515 Willoughby Ave., Juneau, AK 99801; Ph. 586-1861

Southcentral Regional Office
3601 C St., Pouch 6333, Anchorage, AK 99502; Ph. 561-4240

Western Regional Office
Box 328, (State Office Building), Bethel, AK 99559; Ph. 543-3141

Southern Regional Office
415 Main St., Room 207, Ketchikan, AK 99901; Ph. 225-9639

Field Offices:

Box 5, Alakanuk, AK 99554; Ph. 238-3416
400 Gambell, #201, Anchorage, AK 99501; Ph. 274-1615 or 276-1450
Box 63, Aniak, AK 99557; Ph. 675-4377
Box 69, Barrow, AK 99723; Ph. 852-5600
P.O. Box 1738, Bethel, AK 99559; Ph. 543-2175
Box 1227, Cordova, AK 99574; Ph. 424-7131 or 424-7133
Box 686, Delta Junction, AK 99736; Ph. 895-4452
Box 221 (State Bldg.), Dillingham, AK 99576; Ph. 842-5237
Box 607, Eagle River, AK 99577; Ph. 694-9546 or 694-9547
Box 149, Ft. Yukon, AK 99740; Ph. 662-2331
Box 239, Galena, AK 99741; Ph. 656-1667
Box 314, Copper Center, AK 99573; Ph. 822-3089
General Delivery, Grayling, AK 99590; Ph. 461-8001
565 E. Pioneer, P.O. Box 1420, Homer, AK 99603; Ph. 235-7114
Box 3493, Kenai, AK 99611; Ph. 283-3136
Box 2515 (State Bldg.), Kodiak, AK 99615; Ph. 486-6173 or 486-6174

Box 41, Kotzebue, AK 99752; Ph. 442-3226
Box 81, McGrath, AK 99627; Ph. 524-3848
Box 155, Mountain Village, AK 99632; Ph. 591-2613
P.O. Box 359, Coghill Building, Nenana, AK 99760
P.O. Box 1002, Petersburg, AK 99833; Ph. 772-3877
Scammon Bay, AK 99662; Ph. 422-8001
Box 755 (State Bldg.), Seward, AK 99664; Ph. 224-5236
Box 1069, Sitka, AK 99835; Ph. 747-8608
Box 11, Uliamna, AK 99606; Ph. 235-7114
Box 40, Unalakleet, AK 99684; Ph. 624-3371
Box 184, Unalaska, AK 99685; Ph. 581-1236
P.O. Box 750, Valdez, AK 99686; Ph. 835-4789
P.O. Box 3060, Wasilla, AK 99687; Ph. 376-2486
P.O. Box 970, Wrangell, AK 99929; Ph. 874-3789

DIVISION OF PUBLIC ASSISTANCE

Division of Public Assistance
Pouch H-07, Juneau, AK 99811; Ph. 465-3355

Southeastern Regional Office
St. Ann's Center, 419-6th St., Juneau, AK 99801; Ph. 465-3537

Southcentral Regional Office
3601 C St., Pouch 6333, Anchorage, AK 99502; Ph. 561-4370 or 561-4364

Northern Regional Office
675-7th Ave., Fairbanks, AK 99701; Ph. 452-1637

Northwestern Regional Office
Box 41, Kotzebue, AK 99752; Ph. 442-3451

Field Offices:

Box 63, Aniak, AK 99557; Ph. 675-4351
Box 221, Dillingham, AK 99576; Ph. 842-5961
Box 239, Galena, AK 99741; Ph. 656-1260
Box 149, Fort Yukon, AK 99740; Ph. 662-2327
Box 2444, Homer, AK 99603; Ph. 235-6132
Box 3613, Kenai, AK 99611; Ph. 262-9032
618 Dock St., Barney Bldg., Ketchikan, AK 99901; Ph. 225-2135
Box 3000, State Bldg., Kodiak, AK 99615; Ph. 486-3783
Box 221, Nome, AK 99762; Ph. 443-2237
P.O. Box 1089, Petersburg, AK 99833; Ph. 772-3393
Box 1069, Sitka, AK 99835; Ph. 747-8234
Box 40, Unalakleet, AK 99684; Ph. 624-3601
Box 1410, Valdez, AK 99686; Ph. 835-2535
Box 1590, Wasilla, AK 99687; Ph. 376-3903
Box 1590, Wasilla, AK 99645; Ph. 745-3499(Palmer Office)
Box 351, Wrangell, AK 99929; Ph. 874-3935